

Old Habits Die Hard



You can bury bad habits. Replace old bad habits with new, healthy habits. Here are some tips:

- **Become aware of your actions.** When you realize what you are doing, you can change it.
- **Keep a record** of what you want to change. If you write it down, you are more likely to change it.
- **Avoid situations that trigger bad habits**, such as eating in front of the TV.
- **Post reminders about healthy habits** where you will notice them...on the refrigerator, on the table, in your car, on the bed, wherever.
- **Write your new routine daily.** Change it until it works.
- **Practice makes permanent.**

